

Prepared for: _____

Prepared by: _____

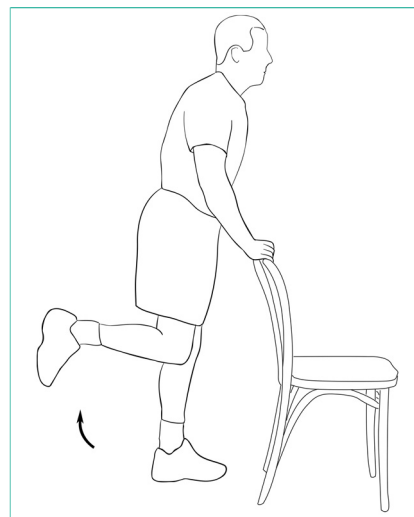
Home Exercise Program for Collateral Ligament Tear

- Perform the exercises in the order listed.
- These exercises should be performed with the knee braced for a grade II or III injury, as informed by your doctor using criteria in tests.
- Follow your doctor's instructions as to whether the knee should be in a brace while performing these exercises.
- Dry or moist heat may be applied to the back of the knee during the passive knee extension.
- To prevent additional inflammation, apply a bag of crushed ice or frozen peas to the injured side of the knee for 20 minutes or until numb after completing the exercises.
- If pain increases at any time or does not improve after performing these exercises for 3 to 4 weeks, call your doctor.

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Hamstring curls	Hamstrings	25 to 45 repetitions/3 sets	5 to 6	3 to 4
Passive knee extension (prone)	Hamstrings	1 repetition/2 to 3 sets	5 to 6	3 to 4
Passive knee extension (seated)	Quadriceps	25 to 50 repetitions/3 sets	5 to 6	3 to 4
Quadriceps strengthening	Quadriceps	10 to 20 repetitions/2 to 3 sets	5 to 6	3 to 4

Hamstring Curls

- Stand on a flat surface with your weight evenly distributed on both feet.
- Hold onto the back of a chair or the wall for balance.
- Bend the injured knee, raising the heel of the affected leg toward the ceiling as far as possible without pain.
- Hold this position for 5 seconds and then relax.
- Perform 3 sets of 25 to 45 repetitions, 5 to 6 days a week, continuing for 3 to 4 weeks.

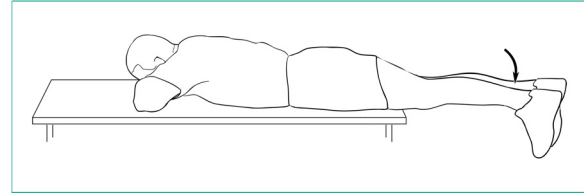


Seated version

- Sit on a chair with your feet flat on the floor.
- Slide the foot on the injured side back and hold the position for 5 seconds.

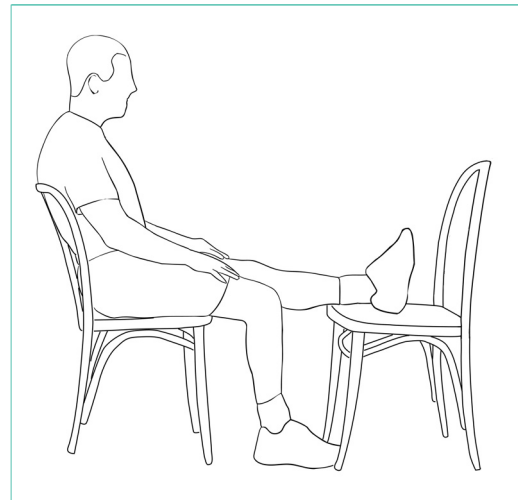
Passive Knee Extension (Prone)

- Lie face down on a table or bed with your thighs supported just above the knee.
- Relax your legs and let gravity pull the knees down (into extension).
- Stay in this position for 5 to 10 minutes.
- Repeat this 2 to 3 times per day, 5 to 6 days a week, continuing for 3 to 4 weeks.



Passive Knee Extension (Seated)

- Sit in a chair with your injured leg propped up on another chair of equal height, as shown.
- Relax your leg and let gravity pull the knee down (into extension).
- Hold this position for 10 seconds.
- Perform 3 sets of 25 to 50 repetitions, 5 to 6 days a week, continuing for 3 to 4 weeks.



Quadriceps Strengthening

- Lie on the floor with the injured leg straight out and the other bent.
- Squeeze your thigh muscle for 10 seconds and then release it.
- Perform 10 to 20 repetitions, 2 to 3 sets, 5 to 6 days, continuing for 4 to 5 weeks.

